

# Osher Center for Integrative Medicine at Vanderbilt

An Outpatient Department of Vanderbilt University Medical Center  
3401 West End Ave Suite 380 Nashville TN 37203

## Clinical Hypnosis for Pain Control



**Time Commitment:** 1.5 hours per week for 8 or 9 weeks

**Cost:** Covered by most insurance (co-pays may apply)

**Register:** By discussing the referral with your medical provider

**In this treatment you will learn how to use self-hypnosis for pain management. We have two goals: to make long-lasting change in the way your brain deals with pain information, and to teach you a specific skill that you can use when you choose so that you experience less pain or it is less bothersome.**

**What is hypnosis?** Hypnosis is basically a state of very focused attention. It is a state of mind that everyone experiences on and off each day.

**What is it like?** Most people find hypnosis extremely relaxing. Hypnosis cannot make you do things that you don't really want to do. You can stop any time if you wish. You will always remain in control of yourself, and in fact, you will be learning how to practice self-hypnosis on your own.

**What will this treatment involve?** In this treatment, we will teach you about hypnosis and how to use hypnosis to feel better. During the group sessions, all we will ask is that you relax and listen to the clinician's voice. Each session has an audio recording, which will be given to you to take home. Outside of sessions you will be asked to practice on your own every day.

**Why is there practice?** The more you practice, the better you will become at self-hypnosis and the more helpful it will be to you in the long-term.